

Cancer Risk Factors for Ontario's Off-Reserve Aboriginal Population

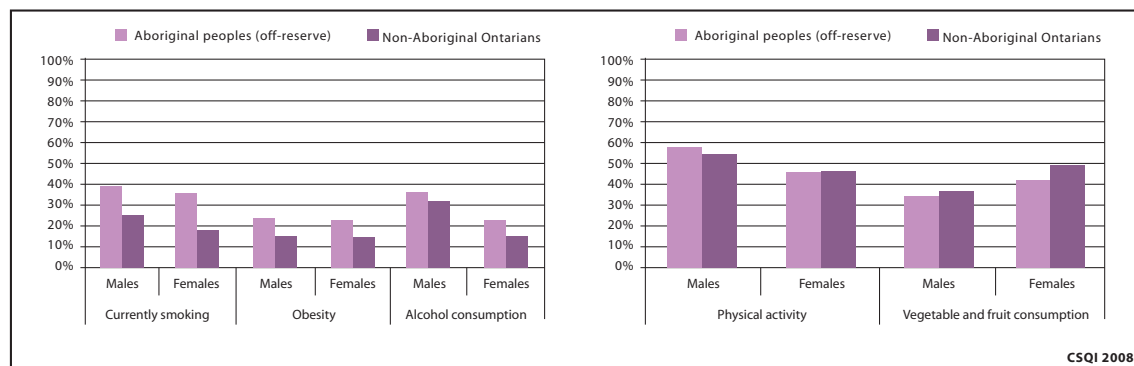
More than one-third of all cancers can be attributed to poor diet, unhealthy body weight, and physical inactivity. We know that by making healthy lifestyle choices like, eating a well-balanced diet rich in fruits and vegetables, being physically active, and maintaining a healthy body weight can help prevent cancer.

For the first time this year, the **Cancer System Quality Index (CSQI)** is able to report findings on smoking, obesity and alcohol consumption rates of Ontario's off-reserve Aboriginal population.

Launched in 2005 by the Cancer Quality Council of Ontario in partnership with Cancer Care Ontario, the Cancer System Quality Index is the first cancer measurement and evaluation tool of its kind in North America, providing patients, cancer care providers and policy makers with vital information that can lead to improved health outcomes.

Off-Reserve Aboriginal Cancer Risk Factors

Percentage of adults with selected cancer risk factors by off-reserve Aboriginal Identity, Ontario, 2005



What does the CSQI data tell us?

The CSQI results show that smoking, obesity and alcohol consumption rates are higher among the off-reserve Aboriginal population as compared to the general Ontario population. However, physical activity, vegetable and fruit consumption are similar for both Aboriginal (off-reserve) and non-Aboriginal populations.

What we do know is that in Ontario approximately half of all cancer cases are preventable and nearly half of all cancer deaths are related to tobacco use, diet and physical activity.

Cancer Care Ontario's Aboriginal Cancer Strategy includes provisions for culturally appropriate prevention and screening resources to increase the capacity of Aboriginal communities to educate their members about preventing cancer.

For more information on the Cancer System Quality Index please visit: <http://www.cancercare.on.ca/english/csqi2008/>

Feature Recipe – Wild Rice Pancakes

Makes 16 pancakes, 6 to 8 servings

Added flavour and texture from the wild rice makes these pancakes different and flavourful for breakfast, brunch or any meal. Freeze an extra batch to enjoy later in the week.

Ingredients

1 cup (250 mL) wild rice, rinsed, 1 cup (250 mL) all purpose flour, 1/2 cup (125 mL) wheat bran, 2 tbsp (25 mL) granulated sugar or sugar substitute, 1 tbsp (15 mL) baking powder, 1/2 tsp (2 mL) cinnamon, 1/4 tsp (1 mL) nutmeg, 3 eggs, 1 cup (250 mL) 1% milk, 2 tsp (10 mL) vanilla, 1/2 cup (125 mL) raisins, currants or dried cranberries,

Directions

1. In saucepan, cover rice with water and bring to a boil. Cover, reduce heat and simmer for about 40 minutes or until rice is tender and most of the water is evaporated. Drain any remaining water and place in large bowl. Let cool.
2. In another bowl, whisk together flour, bran, sugar, baking powder, cinnamon and nutmeg. Add to wild rice and stir to combine.
3. In small bowl, whisk together eggs, milk and vanilla and pour over flour and rice mixture and stir until smooth and combined. Stir in raisins.
4. Heat large nonstick skillet or griddle, over medium heat. Pour batter in 1/4 cup (50 mL) mounds onto skillet and flatten slightly with spoon. Cook turning once for 2 to 3 minutes on each side, or until golden. Repeat with remaining batter. Serve with your favourite fresh fruit or yogurt.

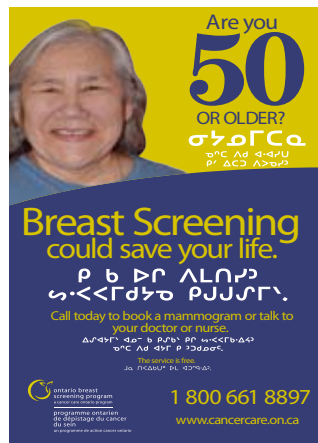
Nutrition information per serving

• Calories: 112 • Protein: 4 g • Fat: 1 g • Saturated fat: 0 g • Carbohydrates: 21 g • Fibre: 2 g • Cholesterol: 35 g • Sodium: 70 mg • Potassium: 141 mg
Developed by Emily Richards, P.H. Ec. ©The Heart and Stroke Foundation.



Community Profile

Ontario Breast Screening Program site opens in Moose Factory



Juliet Gagnon is a local woman who graciously allowed her image to be used on an English and Cree breast health poster.

Early detection is the best defense against breast cancer. Now Aboriginal women living in remote communities along the James Bay coast will have increased access to breast screening mammograms. July 16th marked the opening celebration for the affiliation of the Weeneebayko General Hospital with the Ontario Breast Screening Program (OBSP), a program of Cancer Care Ontario. (*Weeneebayko is a Cree word meaning 'of two bays'*)

Recruitment to breast screening has been a challenge in several parts of the province but especially here where women previously had to travel to Timmins or Kingston to access mammography.

Kendra Benham, the Diagnostic Imaging Manager of the Weeneebayko General Hospital is confident that women will be more likely to go to screening services locally. "The exam can be a little bit anxiety producing but even more so when you are entering a city you don't know and are not able to speak the language," she noted. "Our digital mammography unit allows our technicians to take an image in Moose Factory and send it to the radiologist in Timmins to be analyzed without the stress of traveling hundreds of miles."

The program is already saving lives.

"We have detected cancers in patients that have specifically said they would not have gone down south for the exams because it was too much trouble and far too stressful!"

To help Cree women learn about breast screening and the new Moose Factory site, English and Cree health promotion materials were developed in partnership with Weeneebayko General Hospital, Health Canada, Sudbury Regional Cancer Program, Cancer Care Ontario's Aboriginal Cancer Care Unit and Provincial and Regional OBSP.

To learn more about the Ontario Breast Screening Program

contact: breastscreen@cancercare.on.ca or visit: www.cancercare.on.ca

Toll-free: 1-800-668-9304

We Want to Hear Your Newsletter Feedback:

The ACCU values your input and is asking for your feedback on its quarterly newsletters to ensure this publication is meeting your informational needs: To take the survey please visit: <http://www.cancercare.on.ca/accupub>

To take the survey now click here 

You could be a winner of our ACCU promotional items!

Congratulations Leslee Blancher of the Grand River Regional Cancer Centre on winning first quarter's ACCU promotional items.

Please place community contact information here.

Tell us what you think!

Drop us a word if you have a personal story to share or topics you would like to see in future issues.

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For an electronic copy of this and past newsletters visit:
<http://www.cancercareontario.com/english/home/about/programs/aborstrategy/accupub/>

Resources

To learn more about the Cancer System Quality Index or Cancer 2020 visit:
<http://www.cancercare.on.ca>

For more recipes that promote healthy living visit:
<http://www.heartandstroke.com>

To learn more about Bill 8 – Healthy Food for Healthy Schools Act visit:
<http://www.edu.gov.on.ca/eng/healthyschools/healthier.html>

French newsletters now available!
Please contact us if you would like to be on our mailing list to receive the French or English ACCU newsletters. You can also download ACCU newsletters from the publications section on our website at: <http://www.cancercare.on.ca/accupub>

If you are interested in any information or would like to find out more please feel free to contact our office.

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Take a look at our website for up-to-date information.

Please visit the ACCU website for up-to-date information.
<http://www.cancercare.on.ca/english/home/about/programs/aborstrategy/>

JOACC PTO membership list

Nishnawbe-Aski Nation
Association of Iroquois and Allied Indians
Union of Ontario Indians – Anishnabek Nation
Grand Council Treaty #3
Independent First Nations
Métis Nation of Ontario
Ontario Native Women's Association
Ontario Federation of Indian Friendship Centres

Funding for this program has been provided by the Government of Ontario. No endorsement by the Ministry of Health and Long-Term Care is intended or should be inferred.

Cancer Care Ontario is the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, Cancer Care Ontario works to reduce the number of people diagnosed with cancer and make sure that patients receive better care every step of the way.



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